

# Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ [www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

## August Program Highlights

### Picnic at Rocky Ridge Park

Join the other senior centers for an end of summer picnic. There will be entertainment, lunch, and bingo.

**Date:** Wednesday, August 22  
Register by Monday Aug. 13

**Time:** 10:00 a.m.-2:00 p.m.

**Cost:** \$8.00 lunch/entertainment  
\$2.00 transportation

### Hearing Loss/Hearing Aids

Learn about hearing loss and how hearing aids might help.

**Date:** Tuesday, July 31

**Time:** 1:30 p.m. **Cost:** Free

### Blood Pressure Screening

Stop in for a blood pressure check!

**Date:** Tuesdays, August 21 & 28

**Time:** 1:00 p.m.

**Date:** Wednesday, August 15

**Time:** 11:30 a.m. **Cost:** Free

### Thursday Afternoon Games

We have some new games - Phase 10, Set, Quiddler, Apples to Apples, Number Dominos, Set, Yatzee It's fun and games and laughter at the center on Thursday afternoons.

**Date:** Thursdays

**Time:** 1:00 p.m. **Cost:** Free

### Exercise to Video

Exercise to a video made especially for seniors.

**Dates:** Mondays through Thursdays

**Time:** 11:00-11:30 a.m. **Cost:** Free

### Arthritis: Health & Wellness

The Arthritis Foundation is sponsoring this program. Dr. Chilton, an Orthopedic Surgeon, from Mid- Maryland Musculoskeletal Institute (MMI) will be speaking. This program is open to all ages.

**Date:** Tuesday, August 7

**Time:** 6:00 p.m. **Cost:** Free

### Stitching Post

Come to knit, crochet, or just talk. This is an informal group whose members help each other with projects, patterns, and learning new skills.

**Date/Time:** Mondays 10:00 a.m.

**Date/Time:** Tuesdays 1:00 p.m.

**Date/Time:** 2<sup>nd</sup> Tuesday 6:00 p.m.

**Cost:** Free

### Tuesday Night Pizza Night

Every Tuesday is **Tuesday Night Pizza Night!**

Two slices of pizza, tossed salad, vegetables, fruit, juice, milk

**Date:** Tuesdays

Reservations must be made at by 2:00 p.m.

**Time:** 5:30 p.m.

**Cost:** \$4.80 (Regular lunch fee)

### Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Steve Stoyke will talk about "*Taking Care of relatives, friends, and me:* a look at care giving and respite care."

**Date:** Wednesday, August 15

Sign-up by Monday, August 13

**Time:** Noon

**Cost:** \$4.80 (Regular lunch fee)

**Free Wifi is now available!**